

POSITIVE LIVING CENTRE

WINTER 2023 NEWSLETTER



THORNE HARBOUR HEALTH
RUBY RED
BALL

Celebrating the 40th anniversary of our organisation

SATURDAY 8 JULY
MELBOURNE TOWN HALL



CELEBRATING 40 YEARS
OF COMMUNITY ACTION

thorneharbour
health*

WELCOME

As the manager of the Positive Living Centre, it is my pleasure to welcome you to our latest 2023 winter edition of the Positive Living Centre Newsletter. Our regular newsletter is an easy way to keep up-to-date with new developments and interesting topics in the field. With contributions from a variety of sources, our newsletter contains insightful news pieces, and keeps you informed of all our upcoming events and activities so you never miss out.

At the Positive Living centre, we have a variety of services focused on wellness and self-care, which includes activities such as peer support groups, exercise classes, art and writing programs in addition to a comprehensive nutritional services initiative. We believe that taking care of your physical, emotional, and mental health is essential and we encourage all members of our community to take advantage of these services.

To stay informed about the latest services offered, please read our regular service update emails or check our Facebook page. You do not have to have a Facebook account to access this information. We also constantly update our content on the Thorne Harbour Health website.

Finally, I want to remind everyone that our centre is a safe and inclusive space for all people living with HIV, regardless of race, gender, sexuality, or background. We are committed to creating a supportive and welcoming environment where everyone can feel valued and respected.

Thank you for your ongoing support, and we look forward to seeing you soon.

Yours Sincerely

Alex Nikolovski
Manager PLC

We acknowledge the PLC is located on the lands of the Bunurong people and we pay our respects to their Elders past, present and emerging.



GOOD HEALTH DURING WINTER

Winter in Melbourne can be a challenging time for people living with HIV, as colder temperatures and shorter days can impact overall health and well-being. According to a study published in the *Journal of the International AIDS Society*, people living with HIV have a higher risk of developing respiratory infections during the winter months. In fact, the study found that the risk of hospitalization for respiratory infections is 50% higher in people living with HIV during winter compared to other seasons.

To combat these risks, it's important to maintain a healthy lifestyle during winter. This includes regular exercise, as physical activity has been shown to improve immune function in people living with HIV. In a study published in the *Journal of the Association of Nurses in AIDS Care*, researchers found that moderate exercise can improve immune function in people living with HIV by reducing inflammation and increasing CD4+ T cells.

Eating a balanced diet is also crucial for maintaining overall health during winter. According to a study published in the *Journal of the Academy of Nutrition and Dietetics*, people living with HIV who eat a diet high in fruits and vegetables have a lower risk of developing chronic diseases such as heart disease, diabetes, and cancer.



To further protect against respiratory infections, it's important to practice good hygiene habits, such as washing hands regularly and avoiding close contact with people who are sick. The Centers for Disease Control and Prevention (CDC) recommends that people living with HIV receive the annual flu vaccine, which can significantly reduce the risk of developing flu-related complications.

Finally, it's important to prioritize mental health during winter. According to a study published in the *Journal of the International AIDS Society*, people living with HIV have a higher risk of developing depression and anxiety. It's important to stay connected with loved ones and seek support from healthcare providers and mental health professionals if needed.

In summary, while winter can be a challenging time, there are steps that can be taken to maintain overall health and well-being. Regular exercise, a balanced diet, good hygiene habits, and mental health support are all crucial for staying healthy during the colder months. By prioritizing these habits, people living with HIV can reduce their risk of developing complications and enjoy a healthy winter season.

INJECTABLE HIV TREATMENT

The medications cabotegravir and rilpivirine, taken by injection once monthly or every other month, provide the first complete antiretroviral regimen without daily pills. In Europe, the drugs are known as Vocabria and Rekambys respectively, whereas in North America and Australia they are marketed together as Cabenuva.

The studies showing that the injections are effective were all done in people whose HIV was already under control on a standard oral antiretroviral regimen. As a result, drug regulators and treatment guidelines say that the injections should only be used by people in this situation.

Injectable treatment may seem to have advantages for people who find adherence to daily pills challenging or whose current HIV treatment is not working. But the requirement to already have an undetectable viral load means that people in these circumstances haven't been able to use it.

Clinicians in San Francisco decided to go beyond drug regulators' requirements and try the injections with a group of people who have struggled with standard HIV treatment.

Their HIV clinic takes care of many people facing challenges with low incomes, homelessness, substance use and poor mental health. Importantly, the clinic has enough staff to offer holistic care and support, and this may have been key to their success with the injectable treatment.

A majority of the 57 people who had detectable HIV at baseline had never achieved viral suppression with oral therapy. With extensive support from the clinic, 55 people in this group achieved an undetectable viral load after switching to the injections.

Larger studies will be needed before this approach will be officially recommended. In San Francisco, people started out with monthly injections, but they could switch to injections every other month if things went well. However, in the UK and Europe, only the dose required for injections every other month is available, and this would be riskier if people are late or miss a dose.

Another challenge with injectable HIV treatment is that the injections are given into the muscle of the buttocks by a healthcare professional. As cabotegravir and rilpivirine must be injected into a large muscle, it has been thought that the buttocks are the only feasible part of the body. But there is work being done to see if injection into the thigh is possible – and this might open up possibilities for people to inject themselves, without needing to go to a healthcare professional.

In a new study, healthcare professionals provided thigh injections for four months to 118 people who had previously been having injections in the buttocks. After injection, drug levels were similar for injection in the thighs or buttocks. Some people preferred having the injections in the thighs, but more people preferred the buttocks. People generally preferred the site they found less painful (for some this was the buttocks, for other people the thighs), and those who preferred thigh injections also often said they were more convenient.



In a new study, healthcare professionals provided thigh injections for four months to 118 people who had previously been having injections in the buttocks.

DISCLOSING HIV STATUS: BENEFITS, DISADVANTAGES, AND PREPARATION

Disclosing one's HIV status is a deeply personal decision that involves revealing sensitive medical information to various individuals. This essay explores the benefits and disadvantages of disclosing HIV status to friends, family, partners, and professionals, as well as providing insights on how to prepare for such disclosures. Careful consideration and support are crucial during this process.

One of the primary benefits of disclosing HIV status is the potential for emotional support. By sharing this information, individuals open the door for understanding, empathy, and compassion from loved ones. This can lead to stronger relationships and increased emotional well-being.

Furthermore, disclosing to professionals, such as healthcare providers or counsellors, can provide access to essential resources and support services. Professionals can offer guidance, medical expertise, and connect individuals with relevant organisations that specialise in HIV care, treatment, and counselling.

Disclosing HIV status also helps break down the stigma surrounding HIV.

Personal experiences shared with friends, family, and partners can challenge misconceptions, promote awareness, and create a more inclusive and supportive environment.

Moreover, sharing HIV status with healthcare professionals facilitates tailored treatment plans and enables providers to monitor progress effectively. Transparent communication can lead to improved adherence to antiretroviral therapy and better overall health outcomes.

One of the primary concerns many people have when disclosing HIV status is the fear of rejection, discrimination, or negative reactions from friends, family, partners, or professionals. Societal stigma, lack of understanding, or misconceptions surrounding HIV can contribute to this fear.

Disclosing HIV status also compromises one's privacy. Sharing personal medical information opens the door to potential gossip, unintentional disclosure by others, or breaches of confidentiality, which can lead to additional stress and anxiety.

Some individuals may react to HIV disclosure with unwarranted pity, judgment, or an altered perception of the person's capabilities and worth. Such reactions can be emotionally distressing and may strain relationships.

Furthermore, in certain regions or circumstances, disclosing HIV status may have legal and social consequences, such as employment discrimination, housing challenges, or impacts on personal relationships. Understanding the specific legal context and social dynamics is crucial before deciding to disclose.

To prepare for disclosing HIV status, individuals should first educate themselves about HIV, treatment options, transmission risks, and available support services. This knowledge empowers individuals to address potential concerns, correct misconceptions, and provide accurate information to those they disclose to.

It is also essential to evaluate the trustworthiness, openness, and reliability of the person or people you plan to disclose to. Consider their track record of handling sensitive information and their willingness to support you without judgment or prejudice.

Seeking support from a counsellor, support group, or HIV organisations, such as Thorne Harbour Health, is crucial.

These resources can offer guidance, coping strategies, and provide a safe space to express concerns, fears, and emotions.

Choosing the right time and place to disclose HIV status is vital. Select a private, comfortable setting, free from distractions, allowing for a focused and uninterrupted conversation.

Disclosing HIV status is a personal decision with both benefits and disadvantages. The potential for emotional support, access to resources, reduced stigma, and improved treatment adherence are compelling reasons to consider disclosure.

However, it is essential to carefully evaluate the fear of rejection, loss of privacy, and potential negative consequences. By preparing oneself through self-education, seeking support, and choosing the right time and place, individuals can navigate the disclosure process with greater confidence and care.



ALBANESE GOVT ANNOUNCES \$19.7 MILLION HIV FUNDING PACKAGE

SHIBU THOMAS
MAY 3, 2023

The Anthony Albanese government on Wednesday announced an additional \$19.7 million in the 2023-24 Budget to deliver on its commitment to eliminate HIV in Australia and “address the health disparities experienced by LGBTIQ+ people”.

“Australia can be very proud of our efforts to reduce the incidence of HIV in this country, but there is more that can be done and we have a real opportunity to stamp out this virus altogether,” Health Minister Mark Butler said in a statement.

“Thanks to the incredible work of groups like AFAO and NAPWHA, and the broader community, Australia has some of the lowest HIV infection rates in the world and we need to continue to work together to drive that down to zero.”

According to Assistant Health Minister Ged Kearney, the government also wanted to address the “unacceptable disparities in health outcomes and significant barriers to getting the health care LGBTIQ+ people deserve.”

“It is reassuring that the Government has fully grasped the importance of leaving no community behind with its commitment to expand access to HIV treatment for people who are ineligible for Medicare.”

The additional funding will go towards expanding access to HIV treatment for people who are not covered by Medicare, extending the HIV testing vending machine pilot scheme to students in South Australia, providing funding to organisations, including those that care for First Nation Australians, for Blood Borne Virus and Sexually Transmissible Infections testing and fund online information hubs.

“In addition to being overrepresented in HIV statistics, LGBTIQ+ Australians continue to face bias and discrimination in the health system – an unacceptable situation in Australia in 2023,” said Butler. AFAO CEO, Darryl O’Donnell, welcomed the additional funding announcement as a “significant boost”.

“We are charting a path to the end of Australian HIV transmission and this commitment makes that destination clearer,” O’Donnell said in a statement. “Australia has consistently led the world in its HIV response, due to the powerful partnership between community, the medical profession and government. This package of support continues that approach and allows us to realistically advance toward the end of Australian HIV transmission,” added O’Donnell. In March 2023, the federal government announced a new LGBTIQI national health plan and a \$26 million investment in LGBTIQI health research.

IAS CONFERENCE ON HIV SCIENCE BRISBANE 2023

Brisbane will host the world's largest scientific conference for HIV in July 2023, the 12th International AIDS Society (IAS) Conference on HIV Science (IAS 2023). The event will bring together the international research community to discuss the latest advances in HIV science, and will also be accessible virtually.

The conference will be an opportunity to showcase Australia's and Queensland's world-leading HIV response, and to shine a spotlight on the unique strengths and challenges of the HIV response in the Asia and Pacific region.

"We are proud that Queensland will be hosting this important global meeting on HIV research," Queensland Health Minister of Health Yvette D'Ath said.

"Queensland's HIV programs are built on effective collaboration between scientists, government and affected communities, an approach that exemplifies the global best-practice championed at IAS 2023.

"We are particularly pleased that the conference will amplify the voices of First Nations communities, and their leadership in the Queensland HIV and sexual health responses."

ASHM Board Director Professor Charles Gilks, Local Co-Chair of IAS 2023, emphasised the meeting's focus on the HIV response in Asia and the Pacific.

"Australia was one of the first countries in the world to reach the UNAIDS 90-90-90 targets, and we have led the way on HIV prevention through the rollout of harm-reduction programs and PrEP," said Professor Gilks.

The 90-90-90 targets refer to the UNAIDS goals of 90% of people living with HIV diagnosed, 90% of those diagnosed on antiretroviral therapy, and 90% of people on treatment having achieved viral suppression, by 2020.

"However, we must also step up as a leader in Asia and the Pacific, where there are significant inequities in progress towards the UNAIDS targets. Australia is on our way to reaching 95-95-95 while some of our neighbours in the region are falling far behind," Professor Gilks continued.

"The COVID-19 pandemic has had a devastating impact on health systems in the region, and IAS 2023 will provide a forum for us to work alongside our neighbours to strengthen the regional HIV response."

Alexis Apostolellis, CEO of local host organisation ASHM, said IAS 2023 would be an opportunity to work together towards more equitable outcomes for everyone affected by HIV.

“IAS 2023 in Brisbane will represent this best-practice approach. By bringing together leaders from around the world to share the latest advances in HIV research, this is the place global HIV science is pushed forward.”

ASHM Board Director Robert Monaghan said First Nations voices would be at the centre of the conference. Monaghan is a descendant of the Bundjalung Nation on his mother’s side; his family and extended family are from the NSW North Coast alongside the Clarence River at Baryulgil.

“Equal access to universal health coverage is a challenge, even in Australia, but First Nations communities are leading innovative and effective responses to HIV,” Monaghan said.

“We hope IAS 2023 will showcase the work of First Nations communities not only in Australia around the world, bringing people together to make sure no one is left behind.”

Melania, Treatment Support Facilitator at Queensland Positive People (QPP), said the conference would be a critical opportunity for researchers to connect with and learn from people living with HIV.

“My hope is that this conference generates interest and commitment from the research community to do more research specifically focusing on women living with HIV. We know that women are under-represented in research globally, despite making up more than 50 per cent of HIV diagnoses worldwide,” she said.

“Women with HIV experience differences physiologically with the efficacy of treatments, side-effects and co-morbidities. In order to provide the best support for women with HIV, we also need more research into the experiences of intersectionality for women and how this creates overlapping and interdependent systems of discrimination or disadvantage.”

The 12th IAS Conference on HIV Science (IAS 2023) will be held at the Brisbane Convention and Exhibition Centre on 23–26 July 2023.

About the IAS Conference on HIV Science

The conference is the world’s most influential meeting on HIV research and its applications, held by the International AIDS Society. This biennial conference presents the critical advances in basic, clinical and operational HIV research that move science into policy and practice.

NAIDOC WEEK 2023 : FOR OUR ELDERS

2-9 JULY 2023

We're proud to announce that the 2023 National NAIDOC Week theme is For Our Elders.

Across every generation, our Elders have played, and continue to play, an important role and hold a prominent place in our communities and families.

They are cultural knowledge holders, trailblazers, nurturers, advocates, teachers, survivors, leaders, hard workers and our loved ones.

Our loved ones who pick us up in our low moments and celebrate us in our high ones. Who cook us a feed to comfort us and pull us into line, when we need them too.

They guide our generations and pave the way for us to take the paths we can take today. Guidance, not only through generations of advocacy and activism, but in everyday life and how to place ourselves in the world.

We draw strength from their knowledge and experience, in everything from land management, cultural knowledge to justice and human rights. Across multiple sectors like health, education, the arts, politics and everything in between, they have set the many courses we follow.

The struggles of our Elders help to move us forward today. The equality we continue to fight for is found in their fight. Their tenacity and strength has carried the survival of our people.

It is their influence and through their learnings that we must ensure that when it comes to future decision making for our people, there is nothing about us - without us.

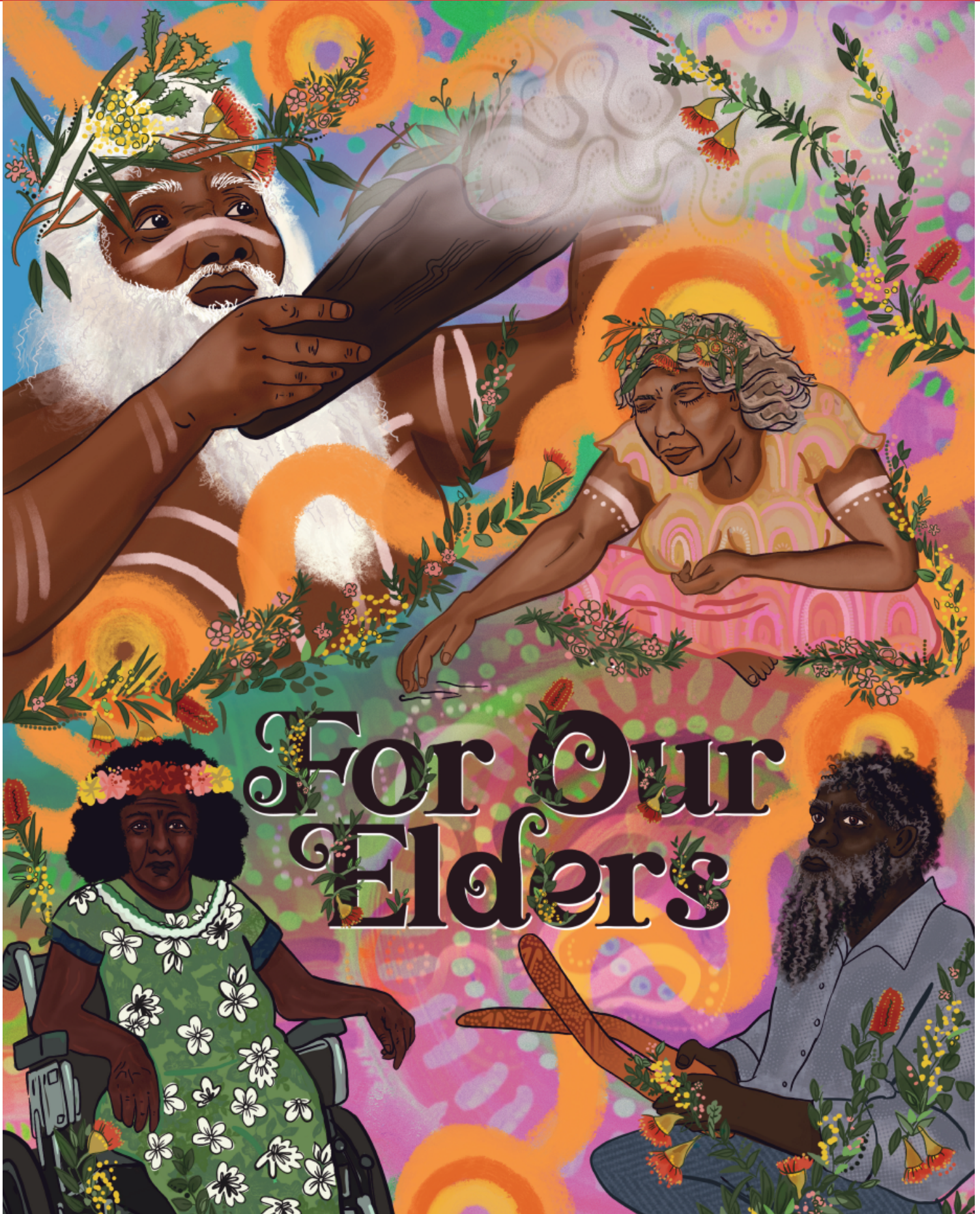
We pay our respects to the Elders we've lost and to those who continue fighting for us across all our Nations and we pay homage to them.

In 2023, how will you celebrate For Our Elders?

For all the NAIDOC events here in Naarm (Melbourne) go to:

Have a great NAIDOC week everyone.





NAIDOC Week

2-9 JULY 2023

#NAIDOC2023 #ForOurElders

 @naidocweek  @naidocweek  facebook.com/NAIDOC

For Our Elders, Bobbi Lockyer

Where there is knowledge there are our Elders. Our Elders paved the pathways for us, taught us our knowledge, our history, they passed down their art, stories and wisdom. Our Elders are the foundation of our communities and role models for our children. With this poster I wanted to showcase how important our Elders are in passing down traditions and culture to our children and future.

Aboriginal Flag designed by Mr Harold Thomas. Torres Strait Islander Flag reproduced by kind permission of the Torres Strait Island Regional Council, designed by the late Mr Bernard Namok.



naidoc.org.au





Free Rapid Antigen Test Kits

Thorne Harbour Health has secured a limited number of free Rapid Antigen Tests from the Victorian State Government for clients of the PLC. The tests are intended to ensure that Victorians with pre-existing conditions can determine their COVID-19 status and seek the appropriate care and support.

Please contact reception on 9863 0444 to speak with a Client Care staff member regarding access and information around testing.



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Rainbow WISE – helping the LGBTQIA+ community to thrive!

If you are an individual identifying as LGBTQIA+ and you are looking to further your career or build stronger networks, Rainbow WISE may be for you! Rainbow WISE is an inclusive program created by WISE Employment, specifically designed for the LGBTQIA+ community.

We promote awareness and understanding in the employment space and support individuals to achieve their career goals. When you join Rainbow WISE, you will have access to resources and a dedicated team to help you every step of the way.

Learn more about Rainbow WISE

Rainbow WISE is currently available in Melbourne CBD and Preston.

Feel free to reach out to us below:

Email: RainbowWISE@wiseemployment.com.au

Phone: 0448 044 510



Scan here for more info!



Rainbow WISE
diversity, inclusion & belonging

Four Friday
sessions
June 16-
July 7
2.00-3.30 pm

Art therapy at the PLC

presented by CGE Wellness 

Art therapy is a therapeutic discipline that focuses on using creative expression to foster health and mental well-being. Its origins stem from the worlds of psychotherapy and art, presenting new ways to understand and communicate with ourselves, and those around us.

Art Therapy IS:

- A welcoming and encouraging space for everyone
- Multisensory creative expression
- An opportunity for internal & external communication in new ways
- Support and encouragement from your art therapist and the group

For More Details or to Register

Contact reception or speak with a Client Care staff member

9863 0444 | plcfeedback@thorneharbour.org.au

NUTRITIONAL SERVICES AT THE PLC

Pantry

It provides low-cost nutritious food items including packaged goods, refrigerated items, fruit, and vegetables for clients with a Health Care Card. It is available each day the centre is open. The pantry can be accessed fortnightly in the form of pre-prepared packages.

The cost is \$2 for clients with a Health Care Card

We are delighted to announce that we recently received some funding from Stonnington Council to provide additional nutritional support through our Pantry program. The Positive Nutrition Program will supplement the existing Pantry through the provision of protein products, such as meat, chicken, and fish, including a new recipe each fortnight to prepare a delicious and nutritious meal.



Lunch and Dinner

Lunch is served at the Centre from 12.30 pm to 1.30 pm each Tuesday and Thursday.

Dinner will be served on the first Thursday of every month, from 6.00 pm to 7.00 pm. On the days that dinner is provided, there will not be a lunch service.

Please check our Facebook page to see what the meal of the week will be.

The cost is \$3 for clients and \$5 for a client's guest.



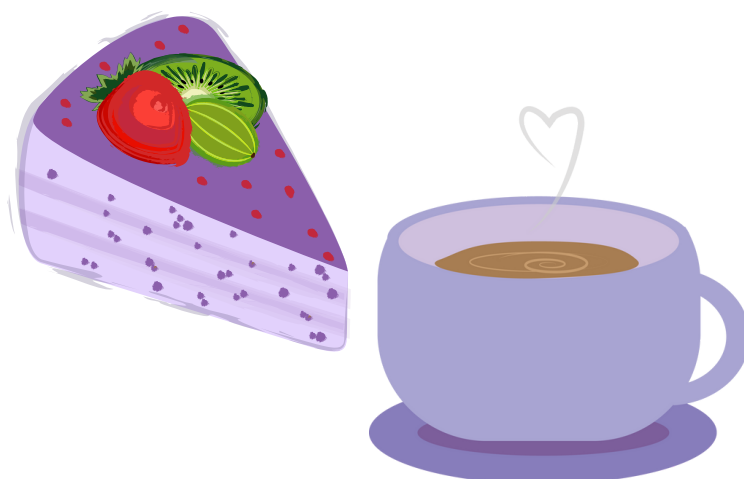
Pop-Up Food Relief Market

This new Food Market Program will provide additional nutritious food in the form of fresh fruits/vegetables, aimed at improving health and well-being outcomes for all. For one week each month, we will set up a stall in the dining room of the PLC, comprising a great assortment of fruits and vegetables. This will be offered independently from the Pantry service, and all clients of the Centre will have access to this service and can fill one provided grocery bag with an assortment of fruits/vegetables to their liking. This is an amazing opportunity, especially in these times of rising food prices. We hope to offer this pop-up market a number of times until June. Stay tuned for promotion about this exciting service at the Centre and on our Facebook page.



Coffee and Cake

Served each Wednesday at 2.30 pm. Come in and enjoy a delicious sweet treat and a chat.



THURSDAYS FROM 10AM

THERAPEUTIC SERVICES AT PLC

ALCOHOL AND OTHER DRUG SUPPORT

Ever wanted to talk to someone about your alcohol or other drug use?

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Thorne Harbour Health's services provides free, professional, AOD (Alcohol and Other Drug) Counseling, case management and group supports for HIV positive people.

Check out the range of AOD services we offer and see if one might be the right fit for you. If you are unsure about engaging with one of our services, drop in to the PLC on Thursdays or call our counselling service Client Liaison/Duty worker between 10AM-4PM Monday-Friday on (03) 9865 6700 or 1800 134 840

Naturopathy at PLC

WITH VINCE BOYD

Are you seeking holistic approaches to support your health and well-being? Look no further than naturopathy, a natural and comprehensive system of medicine that can complement your existing HIV treatment. Naturopathy focuses on harnessing the body's innate healing abilities to achieve optimal health.

Appointments available

1 2 . 3 0 P M T O 3 . 3 0 P M

Thursday's from 15 June at the PLC



Costs:

\$5 FOR HEALTH CARE
CARD HOLDERS

\$30 FOR NON HEALTH
CARE CARD HOLDERS



SEE RECEPTION TO MAKE AN
APPOINTMENT OR CALL
9863 0444 TO BOOK OVER
THE PHONE

NEEDLE & SYRINGE PROGRAM (NSP)

If you choose to inject drugs, do so as safely as you can. Unsafe injecting risks blood-borne viruses such as HIV, hepatitis C and B, as well as dirty hits, bruising, blood poisoning and abscesses.

The Victorian Needle and Syringe Program (NSP) is a major public health initiative to minimise the spread of blood borne viruses HIV/AIDS and hepatitis C and B among injecting drug users and to the wider community.

It began in 1987 and operates through and in a range of different service providers. These include:

- Primary NSP's whose sole function is NSP
- community health services
- hospital accident and emergency units
- councils
- drug treatment agencies
- youth organisations, and
- pharmacies.



Secondary NSPs

- distribute needles and syringes
- sharps disposal containers
- sterile swabs
- condoms and water-based lubricant and provide health information.
- They also provide options for the appropriate disposal of used injecting equipment.

Secondary NSPs are unfunded programs operating within existing organisations, where the NSP is supplementary to the primary service objectives of that organisation.

INFORMATION References

- <http://www.health.vic.gov.au/aod/>
- <https://thorneharbour.org/lgbti-health/>
- <https://www.healthdirect.gov.au/australian-health-services/20047351/the-salvation-army-crisis-services-needle-and-syringe-program/services/st-kilda-3182-grey>



Join an exciting venture at the PLC.

PLC ART CLASS

In partnership with the Council of Adult Education, we are delighted to announce the return of Art classes to the Positive Living Centre. Whether you're a novice, expert or in between, this initiative will develop your skills in a supportive environment, with the support of award winning artist, Mia Schoen. This course builds capacity for personal arts practice by identifying individual student needs and is a pathway for further study in accredited visual arts training.

THE COURSE OUTLINE

The program will allow you to engage in a range of exercises using a range of different mediums. Drawing classes will focus on technique and developing the skills of the individual so you become comfortable with freestyle drawing. This will then build up skills from tracing to observational drawing, still life and life drawing. These skills will develop into freestyle painting where you will be introduced to a number of different paint sources so you can work out what works best for you. From there you will have the opportunity to try different methods and materials. You will also develop your knowledge of the contemporary art scene in Australia.

THE DETAILS

Commencing weekly
in term three
Thursday 13 July - 14 September
10.30am - 2.30pm

ENROLMENT

Enrolment requires a
current Medicare card and
Health Care card

Please contact reception at the PLC on 9863 0444 to enrol or speak to a Client Care staff member to find out more about the course.

PAINT

LEARN

CREATE

STRETCH AND TONE@PLC



ABOUT THE CLASS

After a lengthy COVID hiatus, The Alfred Physiotherapy crew are back with a new class at PLC starting tuesday October 18th 2022 at 11:00am!

This 1hr class is designed to stretch and tone your entire body, with a focus on core control, limb strength and balance.

If you haven't attended before and are interested, please contact us about getting an assessment done first so we can tailor the exercises to your needs.

M.Binette@Alfred.org.au;
Kate.Wickham@Alfred.org.au;
ph [9076 3450](tel:90763450).

If you have attended our classes previously, we can have a chat on your first class back about any concerns.

Every Tuesday from 11.00am - 12.00pm

COMMUNITY BALLOT

For LGBTIQ+ community members and clients of THH who may be experiencing financial hardship, we have a community ballot to acquire a free ticket to the ball . Sign up for the ballot is done via our Typeform

<https://thorneharbour.typeform.com/to/ty2Ac4Ps>



THORNE HARBOUR HEALTH
RUBY RED
BALL

Celebrating the 40th anniversary of our organisation

SATURDAY 8 JULY
MELBOURNE TOWN HALL



DAVID WILLIAMS FUND (DWF)

The DWF provides financial assistance to people living with HIV (PLHIV) who are experiencing financial hardship. The fund relies upon donations and comprises a number of services.

FINANCIAL COUNSELLING

The David Williams Fund offers financial advice and referral for people in financial hardship. Appointments are with Lynda Horn.

- Are you in debt? or have fines?
- Need to know how to manage your money better?
- Being harassed by debt collectors?
- Want to know what your rights are?
- Want to know more about credit?
- Financial Goals
- Budgeting Debt
- Credit & Bankruptcy
- Need to know how to budget?
- Having difficulty with utility companies?

STUDY ASSIST

The committee of DWF is proud to offer the DWF Study Assist, a way to support you to gain higher education qualifications. Going back to study after years of unemployment can be difficult, especially the costs associated with returning to study. The DWF Study Assist allocation has been established to contribute towards the cost of further education, i.e. books, enrolment fees, short courses etc.

Further, there are many equity scholarships associated with Universities / TAFEs / Colleges, which this project can direct you to. For more information, please make an appointment with the David Williams Fund Coordinator or check the university / TAFE websites for more information.

NO INTEREST LOANS SCHEME (NILS)

The David Williams Fund (DWF) can assist with preparing an application for the Good Shepherd Microfinance No Interest Loan Scheme (NILS).

NILS works through a process called 'circular community credit'. This means when a borrower makes a repayment to NILS, the funds are then available to someone else in the community. Funds are available to DWF clients because others have repaid their loans before. This is why a willingness and ability to repay the loan are so important.

They provide small loans for items (\$300-\$1500) to eligible clients on low incomes (Centrelink or under \$45,000 per year). Applicants will need to show they are capable of, and willing to, repay the loans at around \$20-\$50 per fortnight without causing financial hardship.

EMERGENCY FINANCIAL ASSISTANCE (ER)

Assistance may be provided for any item that will legitimately improve and enhance the health and well-being of PLHIV.

Items for consideration may include:

- Medical, Pharmaceutical, Dental, and Optical expenses.
- Removal/storage expenses.
- Food vouchers.
- White goods, e.g., refrigerators, and washing machines.
- Funeral assistance

The fund does not make payment for:

- Legal, insurance installments loans/credit cards, pawned items & accounts already paid.

Eligibility

- Provide proof of HIV Status;
- Demonstrated receipt of a Social Security Benefit or Pension
- Demonstrated financial hardship
- Resident of Victoria.
- Provide a Centrelink income statement

All applications are assessed on a case-by-case basis. No application is guaranteed. You can discuss your application with the DWF Administration worker to determine the likelihood of your application being approved.



National Debt Helpline is a not-for-profit service that helps people tackle their debt problems. We're not a lender and we don't 'sell' anything or make money from you. Our professional financial counsellors offer a free, independent and confidential service.

We're simply here to help you get back on track

CONTACT US

Call 1800 007 007 to find out how we can help.

Open Monday to Friday, 9.30 am - 4.30 pm.



**NATIONAL
DEBT
HELPLINE**
ndh.org.au

COMMUNITY SUPPORT

Community Support originated as a rapid response to the urgent needs of people living with HIV. Building on more than 30 years of staff and volunteer support in this area, Thorne Harbour is able to assist people living with HIV at home and in the community. In recent years there has been increasing demand for practical support from those ageing with HIV and those with multiple health issues.



Community Support's HIV Services:

Volunteer Team

Local volunteer teams around Melbourne and in regional areas provide social support and practical help to people living with HIV. Support includes help with shopping, home visits for a chat, or going out for coffee or lunch.

Home Care

Community Support provides a range of services to enable clients to maintain their independence and to live in their own homes for longer than would otherwise be possible. THH's Home Care team has trained staff who can assist with services such as house cleaning, shopping and cooking. This service is designed for people with higher needs that cannot be met by council services alone.

For more information call
(03) 9863 0430

Medical transport

Regular attendance at medical appointments is important for people living with HIV. Volunteer transport to medical appointments is available for people who do not have other transport options.

Peer Support

HIV-positive Community Support staff and volunteers provide one-on-one support and information for people living with HIV who would like to talk to someone who understands their situation. Anyone living with HIV may benefit from peer support, particularly those recently diagnosed.

For more information call
(03) 9863 0426.

Housing Plus

Housing Plus provides the following services for people living with HIV:

- Case management
- Work with you to identify your housing options
- Assist with applications for permanent housing, including letters of support and other helpful documents
- Advocate on your behalf with a housing organisation
- Support you in accessing transitional housing
- Support you once you have got housing, including during rental or lease reviews
- Provide assistance and support when you move house.

Contact Us:

Housing Plus is run from the Positive Living Centre in South Yarra.

For more information, contact:

Positive Living Centre

51 Commercial Road

South Yarra, Victoria 3141

Phone: **03 9863 0444**

Email: housing@thorneharbour.org

Please note: Housing Plus is not a crisis service, if you are experiencing homelessness please call the FREE 24-hour helpline on **1800 825 955**.



Launch
HOUSING

IT'S TIME TO END
HOMELESSNESS

Launch Housing is a secular Melbourne-based community organisation that delivers homelessness services and life-changing housing supports to disadvantaged Victorians.

We want to end homelessness and are passionately committed to creating lasting societal change to help those most in need in our community. In a country as wealthy as ours no one should be homeless.

Thorne Harbour Health has acknowledged safe and secure housing is essential to a person's wellbeing, consequently the Positive Living Centre has a Launch Housing worker available by appointment basis on Tuesday and Wednesday. Bookings through reception or by calling 98630444.

THORNE HARBOUR COUNTRY

Thorne Harbour Country provides support, counselling, referrals, resources and information around LGBTI wellbeing, HIV, Hepatitis C and sexual health across the Loddon Mallee. They offer a safe and supportive space for LGBTI people and PLHIV.

Current services and supports include:

- Professional and affordable counselling (face-to-face and phone)
- Peer support for gay, bi and queer men including trans men, around HIV, sex and sexual health
- Information and referrals for LGBTI community
- LGBTI social inclusive morning tea group (located locally)
- Free meeting space for local LGBTI and PLHIV groups



TH Country Office
58 Mundy St, Bendigo VIC 3550
Monday – Friday, 9am – 5pm

Phone: (03) 4400 9000

Email:

thcountry@thorneharbour.org

Website:

www.thorneharbour.org/thcountry

Facebook:

www.facebook.com/thcountry

Check yourself
before you
wreck yourself.

TouchBase with us.

THERAPEUTIC SERVICES

Thorne Harbour Health offers a growing range of therapeutic services and programs aimed at LGBTI communities and people living with HIV, including professional and affordable counselling services, alcohol and other drug services, and family violence services.

Counselling

Our counselling service provides professional, affordable counselling for individuals and couples affected by or at risk of HIV, and for members of the LGBTI community. Our counsellors are professionally trained, sensitive to the needs of people living with HIV and members of the LGBTI community, and are bound by a code of practice privacy, confidentiality and duty of care policies.

Sessions can be provided face-to-face or via telephone or video link. Fees are based on a flexible, sliding scale depending on your income; a gold coin donation is the fee for Healthcare card holders and those on Disability Support Pensions.

Our counselling service also runs therapeutic groups to address the continuing challenges of the living with HIV and the needs of the LGBTI community.

Groups are facilitated by professional counsellors or psychotherapists, are held weekly, and run for six to ten weeks.

Phone: **(03) 9865 6700** or **1800 134 840** (free call for country callers)

Email: counselling@thorneharbour.org

Website:

<https://thorneharbour.org/services/mental-health/>

Alcohol & Other Drug Services

Our Alcohol and Other Drug (AOD) services provide a range of individual and group programs to LGBTI people interested in addressing their substance use. All services are free and are open to all people living in the state of Victoria.

AOD Counselling

Our experienced counsellors provide individual support around concerns and goals relating to alcohol or drug use, including learning more about the effects of AOD use on mental and physical health, exploring strategies to better control or reduce drug use, or accessing support to stop using completely.



Care and Recovery Coordination

Our team can provide short-term comprehensive case coordination for people who require support in other aspects of their life including housing, accessing health or mental health services, or connecting with community support.

Therapeutic groups

We run a range of free therapeutic and peer support groups, including:

- **Re-wired:** for men who have sex with men aimed at helping you learn skills and strategies to change their methamphetamine use and better manage their mental health.
- **Re-Wired 2.0:** a peer-led, goal-based support group open to men who have sex with other men who want support to change, control or stop their methamphetamine use.
- **ADMIN:** a free and confidential group for transgender, non-binary, and gender-diverse people looking to better manage their alcohol and other drug use.
- **Drink Limits:** a group for lesbian, bisexual, and queer women (cis and trans) and anyone female-identifying who is concerned about their drinking.

Phone: (03) 9865 6700

Website:

<https://thorneharbour.org/services/alcohol-and-other-drug-services-aod/>

Changing your relationship to meth is tough, but you don't have to do it alone. We're stronger together.

METH PEER SUPPORT GROUP

RE-WIRED 2.0

To register for the group please call 1800 906 669.
For more information about the group please call 9865 6700 and ask to talk to the AOD intake and assessment coordinator.

rethink the drink

Game day is so much better without the hangover.

Laura Crismale - Darebin Falcons

COULDN'T HAVE DONE THAT WITH A HANGOVER.

Share your story at rethinkthedrink.org.au

thorne harbour health

Family Violence Services

Family violence within LGBTI communities is known to occur at the same rates as for heterosexual relationships, if not higher for some communities such as trans and gender diverse communities.

Victim/Survivor support services

We offer a variety of services to victim/survivors, including counselling and case management for clients who require supports and referrals to other services. The team can also make applications for Flexible Support Packages (FSP), which provide limited brokerage to establish new and sustainable living arrangements that support health and wellbeing and recovery from experiences of violence.

Services for people who use violence in their relationships

Our group program, ReVisioning, is a behaviour change program for gay, bisexual or queer men (inclusive of cis, trans and gender diverse identities). The group offers a safe environment to explore the use of violence and learn to break patterns of violent, abusive or controlling behaviours. We are also able to provide case management for people who are not ready for group support and we undertake one-on-one work which also focuses on behaviour change.



Phone: (03) 9865 6700

Email: fvintake@thorneharbour.org or Revisioning@thorneharbour.org

Website:

<https://thorneharbour.org/services/relationship-family-violence/>

WithRespect

WithRespect provides resources, tips and advice for LGBTIQ+ people on having and maintaining healthy relationships. they also provide support for LGBTIQ+ people of all ages and their families experiencing difficulty in their relationships, including family violence.

Contact WithRespect on

1800 LGBTIQ (1800 542 847)

HEALTH PROMOTION SERVICES

The Peer Education Program offers workshops for LGBTIQ+ communities. These workshops provide a confidential and welcoming environment for participants to socialise and engage in a shared learning experience.

QUEER ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE

Yarning: Blak & Queer

Monthly online yarning group for LGBTIQ+ Aboriginal and Torres Strait Islander First Nations mob. Providing peer education, support and connection, facilitated by the queer mob.

GAY, BI, QUEER, AND SAME-SEX ATTRACTED MEN.

Peer workshops for gay, bi, queer and sexually diverse men (including trans participants) are available to those wanting to explore their identity, make new social connections in a safe and welcoming space, and learn more about themselves and others in the community.

Kinetic and Momentum - Six-Week workshops

These are an opportunity to bond with a group of peers and have a space to meet up each week. The workshops are a chance to learn about weekly topics, engage in important discussions

and activities, and learn more about yourself and those in your community. The issues explored over the six-week workshops include identity, coming out, sexual health, community, and stigma among other things.

The six-week workshops run in two different age groups:

Kinetic: age 30 and under

Momentum: age 30 and over

Magnetic - Single Session Workshops

Single-session workshops are the perfect opportunity to touch base with peers, participate in facilitated discussions and activities, and take away a one-day learning experience.

Single-session workshops are for people who wish to explore a specific topic in depth or cannot attend the six-week workshops. They are open to all ages over 18.

LESBIAN, BI, QUEER AND SAME-SEX ATTRACTED WOMEN.

Peer workshops for lesbian, bi, queer and sexually diverse women (including trans, gender diverse and other women-aligned people) are available to those wanting to explore their identity, make new social connections in a safe and welcoming space, and learn more about themselves and other women in LGBTIQ+ communities.

HEALTH PROMOTION SERVICES

SCOPE - SIX-WEEK WORKSHOPS.

These are an opportunity to bond with a group of peers, have a space to meet up each week and learn about weekly topics, engage in important discussions and fun activities, and learn more about yourself and those in your community. The issues explored over the six-week workshops include identity, coming out, sexual health, community and stigma, among other things. The six-week workshop is available to people of all ages over 18.

SPHERE - SINGLE SESSION WORKSHOPS.

These are the perfect opportunity to touch base with peers, participate in facilitated discussions and activities, and take away a one-day learning experience. Single session workshops are for people who wish to explore a specific topic in depth or cannot attend the six-week workshops, and they are open all ages.

TRANS MEN.

PACE - SINGLE-SESSION WORKSHOPS

These peer workshops will provide a space for trans men to connect with each other, have a safe and social place to engage in discussions and activities relevant to their experiences. Pace workshops are open to all ages. Trans men who feel aligned with any of the other peer workshops are welcome to also attend those groups too.

TRANS WOMEN AND TRANS FEMININE

NOVUS - MONTHLY WORKSHOPS

Novus is a monthly peer workshop for trans women, trans feminine, and nonbinary+ participants to connect with each other, have a safe and social place to engage in discussions and activities relevant to their experiences.

Novus workshops are open to all ages over 18. Participants who feel aligned with any of the other peer workshops are welcome to also attend those groups simultaneously.

NON-BINARY & GENDER-DIVERSE PEOPLE

RISE - MONTHLY WORKSHOPS

Rise is a monthly peer workshop for nonbinary+ and gender-diverse participants to connect with each other and engage in discussions and activities relevant to experiences and identities beyond the binary.

Participants who feel aligned with any of the other peer workshops are welcome to also attend those groups simultaneously.

For more information contact us on (03) 9865 6700 or email:

peer.ed@thorneharbour.org

Or

<https://thorneharbour.org/services/peer-workshops/>

EQUINOX

Located at 200 Hoddle Street in Abbotsford, Equinox Gender Diverse Health Service offers both a bulk billing General Practice and a low-cost counselling service to the trans and gender diverse (TGD) community.

All General Practice Services include:

- General Health
- Sexual Health
- Mental health support
- Hormone management (Informed Consent Model)
- Vaccinations
- Sex Worker Certificates
- Pre Exposure Prophylaxis (PrEP)

Appointments:

Bookings for GP services can be made by calling **(03) 9416 2889**.

Bookings for counselling services at Equinox can be made by calling THH counselling intake on **03 9865 6700**.

PRONTO!

Since 2013, PRONTO! has been helping men who have sex with men look after their sexual health and wellbeing by offering free rapid HIV testing as well as sexual health screenings and treatment services.

PRONTO! is a peer-led service conveniently co-located with Equinox at Thorne Harbour's site at 200 Hoddle Street in Abbotsford.

For more info, give PRONTO! a call on **(03) 9416 2889**



EQUINOX

GENDER DIVERSE HEALTH CENTRE

Ph: 03 9416 2889
www.equinox.org.au

thorneharbour
health*

THE CENTRE CLINIC

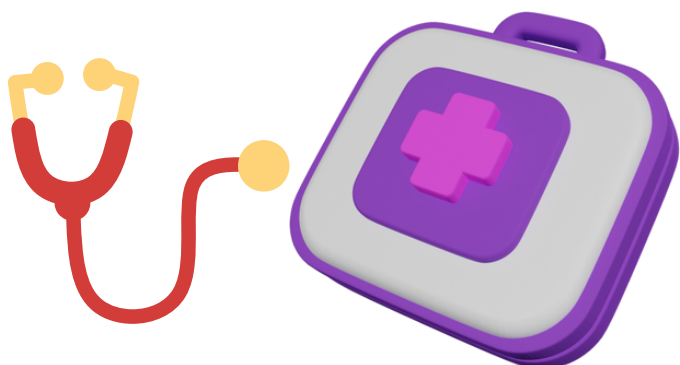
The Centre Clinic is a medical clinic administered and supported by THH. It is a general practice with a special interest in HIV and sexual health.

The clinic is committed to achieving the best possible standards of preventative, ongoing care and treatment.

Our aim is to give our patients the highest possible quality of care, by ensuring excellence in all aspects of our practice. We endeavour to provide patients with the best and most current treatments, methods, materials and equipment within our resource capabilities to ensure that patients receive the high quality of service they have come to expect.

CLINIC SERVICES

The Centre Clinic is a fully bulk billing clinic. This means that we bill Medicare directly for services provided to patients. There is no cost to patients for this service. There are charges however, for some vaccinations and treatments. Your doctor will make you aware of any charges before treatment is offered.



Services available include:

- Health and medical care for people living with HIV/AIDS
- HIV monitoring
- Antiretroviral treatment and advice
- PEP - Post HIV Exposure Prophylaxis
- Sexual, general, emotional and psychological health
- PrEP - Pre Exposure Prophylaxis (Supporting clients to self-import PrEP and PrEP X Trial participants)
- STI testing and treatment
- HIV testing & counselling with results in one week
- Hepatitis screening and vaccination
- Specialist HIV dietician service
- Condoms and lubricant for sale

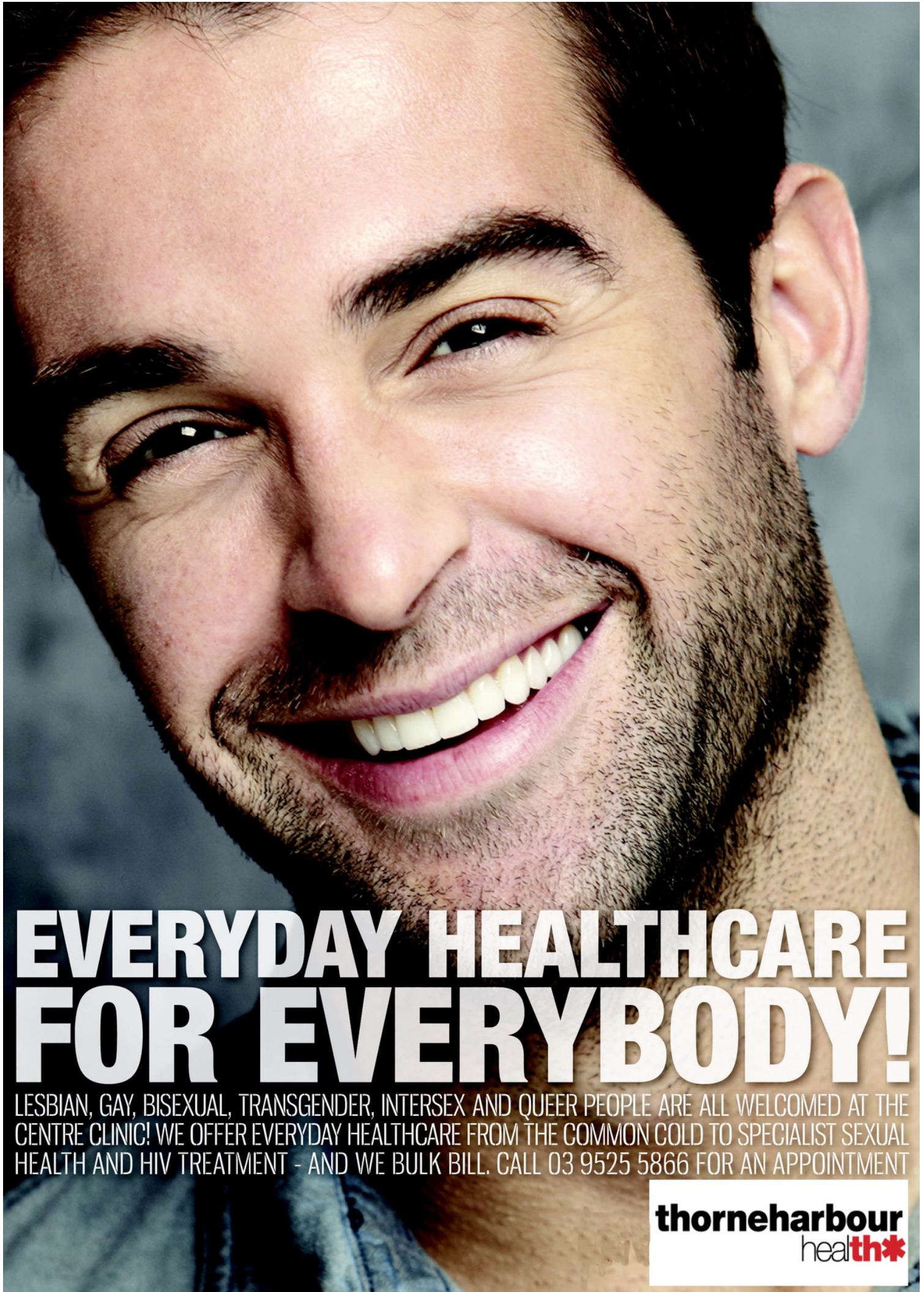
INFORMATION

Please ring **9525 5866** for an appointment.

More information about the clinic:

The Centre Clinic is located at the Victorian Pride Centre on Fitzroy Street, St. Kilda, on the corner of Fitzroy and Loch Streets. Contact details for bookings will remain the same.

<https://thorneharbour.org/services/centre-clinic/>



EVERYDAY HEALTHCARE FOR EVERYBODY!

LESBIAN, GAY, BISEXUAL, TRANSGENDER, INTERSEX AND QUEER PEOPLE ARE ALL WELCOMED AT THE CENTRE CLINIC! WE OFFER EVERYDAY HEALTHCARE FROM THE COMMON COLD TO SPECIALIST SEXUAL HEALTH AND HIV TREATMENT - AND WE BULK BILL. CALL 03 9525 5866 FOR AN APPOINTMENT

thorneharbour
health*

WELL, WELL, WELL ON JOY 94.9

Joy94.9 is Australia's LGBTIQ+ independent media organisation, made up of the diverse voices of the rainbow. JOY's presenters, producers, newsreaders, podcasters and everyone in between deliver quality community media, every hour, every day of the year. You can hear and see stories from the LGBTIQ+ community and our allies on JOY 94.9 Radio (FM and DAB+[trial]), online via livestream, in JOY Podcasts and on JOY TV 24 hours a day, 7 days per week at www.joy.org.au

Thorne Harbour has broadcast over 700 episodes of Well, Well, Well on JOY 94.9 . Listen live every Thursday from 9PM and also available as a podcast, Well, Well, Well focuses on the health and wellbeing issues affecting our LGBTI and PLHIV communities.





Switchboard provides peer-driven support services for lesbian, gay, bisexual, transgender and gender diverse, intersex, queer, and asexual (LGBTIQA+) people, their families, allies, and communities.

QLIFE provides anonymous and free LGBTI peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings, or relationships.

1800 184 527 - 3 pm to 12 midnight, every day of the week.

Webchat online - 3 pm to 12 midnight, every day of the week

Rainbow Door supports people of all ages and identities with issues that may include suicidal thoughts, family and intimate partner violence (including elder abuse), alcohol and other drugs, relationship issues, sexual assault, social isolation, mental health, and well-being.

10 am to 6 pm every day

Phone: 1800 729 367

Text: 0480 017 246

Email: support@rainbowdoor.org.au

Visit: rainbowdoor.org.au



Out and About is a friendship and community connection for older LGBTI Victorians. Our service continues with the option of in-person visits or virtual / phone/mail contact. Volunteer visitors are trained in COVID-19 infection control. New referrals to use our service are still welcomed at this time.

For more info, call **1800 729 367** or email outandabout@switchboard.org.au



LIVING POSITIVE VICTORIA

Living Positive Victoria is committed to the greater and a meaningful engagement of people living with, and affected by, HIV. There is a wide range of activities, programs and events to cater to individuals where they are in their HIV journey.

Peer Navigators

Our Peer Navigators can provide one on one support for you on your journey with HIV. They can support you whether you have been recently diagnosed or have been living with HIV for some time.

They offer a knowledgeable, supportive environment in which you can explore your concerns and fears about living with HIV. They can also connect you to other programs, help you with referrals to other services and provide information on many aspects of living with HIV.

Phoenix

Phoenix is a workshop for anyone who has been recently diagnosed with HIV. We currently offer separate workshops for (cis and trans) men and (cis and trans) and women. It's a confidential and supportive space to learn how to deal with managing your HIV diagnosis. The workshop is facilitated by other people living with HIV and HIV specialists including doctors and counsellors. So what can you expect from the workshop?

Our next workshop is in July – Friday 1, 7 pm-9 pm (6.30 pm pizza) and Saturday 2, 9 am-6 pm.

Peer Support Network

The Peer Support Network is a monthly and informal group gathering. It is conducted in a safe, social and partly educational format.

Utilising an empowerment model, it builds resilience and health literacy for participants to engage with health and aged care providers.

Planet Positive

Planet Positive is a social event for HIV-positive members and their family and friends to improve their emotional and social well-being in a welcoming, enjoyable and safe environment. Planet Positive is held every three months and activities can vary including lawn bowls, picnics and much more

Programs and Services for Women and Hetero Men

Social isolation is a concern for many women and heterosexual men living with HIV. Our events are a great way to meet other women and heterosexual men in a safe and welcoming environment.



Positive Reflections: Sharing Your Journey with the Virus

July 1 9:00 am - 12:00 pm

How has HIV shaped your life? Join Living Positive Victoria for a three-hour workshop as we explore our personal relationship with HIV. Our workshop Positive Reflections invites you to trace your evolving experiences of HIV; pre-diagnosis, diagnosis and living with a positive status. In this intimate workshop we will ask participants to explore and reflect on the ways in which HIV has impacted their lives. With a focus on the challenges, misconceptions and building wellbeing, we hope to provide a safe space for participants to share their personal journeys with other people living with HIV.

Location for this workshop is to be confirmed

The workshop will be facilitated by two of our peer navigation team Anth McCarthy and Emil Canita.

This workshop is open to anyone living with HIV.

If you have any questions, please feel free to send one of our Peer Navigators, Emil, an email at emil@livingpositivevictoria.org.au Following the workshop, you're also invited to join us for a BBQ at Planet Positive Winter Social.

Family Day at the Melbourne Aquarium

June 18 1:00 pm - 3:00 pm

Sea Life Aquarium
King St Melbourne VIC 3000, VIC 3000
Australia + [Google Map](#)

After many covid interruptions it is so exciting to announce that the Melbourne Aquarium is booked again for our long overdue family day! We will meet at the aquarium at 1pm then head off on our underwater adventure exploring the space while catching up with old friends and making new ones.

Please make sure you and your family have had lunch before the event. We will be providing a light afternoon snack but please feel free to bring your own food and drink, especially if your little ones have a big appetite.

This event is open to families, women, heterosexual and bi+ men, trans and gender diverse folks who identify with these groups and who are living with HIV. Children (Under 18) and partners are welcome.



**POSITIVE
REFLECTIONS**
Sharing your Journey with HIV

Positive Leadership Development Institute

The PLDI™ program aims to build the resilience and leadership capacities of people living with HIV in Australia.

The Institute is an international collaboration with a similar program operating in Canada and is based upon the principles of the greater involvement and meaningful engagement of people living with HIV. The Institute is focused upon placing people living with HIV as central and vital in all aspects of the Institute's programs and services.



Positive Leadership Development Institute™
Australia and New Zealand

Address: Coventry House, Ground Floor,
95 Coventry Street, Southbank VIC 3006

Phone: [\(03\) 9863 8733](tel:(03)98638733)

Fax: [\(03\) 9863 8734](tel:(03)98638734)

Email: info@livingpositivevictoria.org.au



POSITIVE WOMEN VICTORIA

Positive Women Victoria (PWV) is the only community based organisation specifically funded to support women living with HIV in Australia.

PWV provides support, information and advocacy for women in Victoria living with HIV. For over twenty five years PWV has responded to the changing needs of women living with HIV, recognising the impact gender has on the way women experience HIV and addressing the specific needs and emerging issues that affect women and HIV in Victoria.

PWV was set up by and for women living with HIV. Positive Women Victoria is funded by the Victorian Department of Health to provide health promotion to women living with HIV.



Positive Women Victoria

Coventry House, Ground Floor,
95 Coventry Street, Southbank VIC 3006

Tel: 9863 8747

www.positivewomen.org.au

ONLINE SOCIAL GROUPS

Hivsters

Founded in Melbourne, Hivsters is an online community group on Facebook designed for people living with HIV in Victoria. Although primarily a social/support group, it is also a place for all People Living with HIV (PLHIV) irrespective of gender, sexuality, age, race or culture to come together and celebrate the upside of being Positive.

<https://hivsters.wordpress.com/>

The Institute of Many (TIM).

We're Australia's largest grassroots movement for People Living with HIV. We're a place where People Living with HIV find support, online and in person. On this site, you can join our private communities on Facebook, find out about our events, learn all about us and our campaigns. Like our U=U campaign! Check it out below.

<https://theinstituteofmany.org/>



Gen Next

Gen Next is a social group for young people living with HIV.

We welcome people from all backgrounds inclusive of all genders and sexualities. It's a safe and confidential space where you can meet other young people 30 and under.

We catch up regularly and talk about things like disclosure, sex, and relationships, or anything else at monthly discussion nights and events.

If you're interested in becoming part of the group call 03 9863 8633.

<https://livingpositivevictoria.org.au/programs-and-services/groups-and-activities/gen-next/>

GENNEXT

MELBOURNE SEXUAL HEALTH CENTRE (MSHC)

Melbourne Sexual Health Centre (MSHC) are experienced specialists in all aspects of sexual health, so clients visiting MSHC can be assured of high quality professional and non-judgmental care. Melbourne Sexual Health Centre also provides support to community based health professionals via online resources and on-site education and training opportunities.

The Melbourne Sexual Health Centre is located at:

580 Swanston Street, Carlton Victoria 3053

Tel: (03) 9341 6200

Free call: 1800 032 017 (Toll free from outside Melbourne metropolitan area only)

TTY: (03) 9347 8619 (Telephone for the hearing impaired)

Fax: (03) 9341 6279

Or visit their **website** www.mshc.org.au for more information.



Green Room
Specialist Clinic

THE GREEN ROOM

The Green Room provides specialist HIV care for people living with HIV. The team specializes in HIV and comprises doctors, nurses, counsellors, pharmacists, a dietician, research nurses and psychiatry.

Referrals can be made for social work, support work and other community based workers. Appointments to The Green Room are necessary and doctors are available from Monday to Thursday. It is ideal that you also have a GP for assistance with general health care and non HIV related conditions. Referral to The Green Room is not necessary. The Green Room is located at the Melbourne Sexual Health Centre.

To discuss your HIV health care options call **(03) 9341 6214**.



MSHC

MELBOURNE SEXUAL HEALTH CENTRE

Part of **AlfredHealth**

MULTICULTURAL HEALTH



CEH's Multicultural Health & Support Service works with communities and health professionals to address the poorer health outcomes experienced by people from refugee & migrant backgrounds, asylum seekers and mobile populations. It aims to prevent HIV, viral hepatitis and sexually transmissible infections, and offer a multicultural approach to alcohol and other drug support.

The goals of the service are:

- To prevent new incidences and transmission of BBV/STI in refugee, asylum seeker and migrant communities, and mobile populations.
- To increase BBV/ STI knowledge, uptake of harm minimisation strategies screening, testing and treatment.
- To increase responsiveness and service coordination in relation to BBV/STI prevention and transmission.

23 Lennox Street Richmond 3121
VIC Australia
email: enquiries@ceh.org.au
Ph: 03 9418 9929



Our General Access Program provides support services to people seeking asylum through the delivery of three sub-programs. New Presentations provides an information and referral service to people seeking asylum who are not ASRC members but still require immediate, short-term support. GAP Drop-In assists members to seek information, referrals and general assistance and support. Material Aid assists members to access material goods through the provision of items such as gift cards, nappies and Myki.

The ASRC in Footscray is open for appointments on Monday to Friday (10am – 5pm).

ASRC services operating;

- Foodbank
- Meals
- Healthcare
- Housing
- Legal AID
- Employment Support
- Case Work
- Education

It is essential to call ahead and book an appointment before visiting.
Please call **03 9326 6066**.

USEFUL WEBSITES

www.iapac.org/support/aids-infonet

Current information on HIV/AIDS treatment and prevention

www.askizzy.org.au

Ask Izzy is a website that connects people in need with housing, a meal, money help, family violence support, and much more

www.aidsmap.com

Clear and reliable information on HIV

www.afao.org.au

Peak national organisation for Australia's community HIV response

www.cisvic.org.au

Services that assist people experiencing personal and financial difficulties by providing information, referral, and support services including Emergency Relief.

www.downanddirty.org

Information and resources on different M2M sexual practices

www.i-base.info

HIV treatment information and advocacy

www.medscape.com

Medical news, clinical reference, and education

www.napwha.org.au

Advocacy, representation, policy, and health promotion for people with HIV

www.pozpersonals.com

Worldwide dating website for people living with HIV

www.stayingnegative.net.au

Lived experiences of both HIV-positive and HIV-negative gay, bisexual, and trans men who have sex with men

www.thebody.com

Reliable HIV-related information, news, support, and personal perspectives

www.thedramadownunder.info

Information and advice for gay men about signs and symptoms of sexually transmitted infections and their treatment

www.top2bottom.org.au

Information and advice to gay men about various strategies to potentially reduce the risk of contracting HIV and STIs.

www.touchbase.org.au

Information and support for LGBTI Australians regarding drug use, mental health, and sexual health

www.treathivnow.org.au

Information on HIV treatments and living with HIV

www.what-works.org

Information and resources on HIV prevention

USEFUL SERVICES

Alfred Hospital | www.alfredhealth.org.au

- I.D. Clinic | [9076 2000](tel:90762000)
- Social Work Department | [9076 3026](tel:90763026)
- HIV/HEP/STI Ed & Resource Centre | [9076 6993](tel:90766993)

Beyond Blue

www.beyondblue.org.au | [1300 22 4636](tel:1300224636)

Bolton Clarke HIV Team (formerly RDNS)

www.boltonclarke.com.au | [1300 221 122](tel:1300221122)

Centre for Culture, Ethnicity & Health

www.ceh.org.au | [9418 9929](tel:94189929)

Coronavirus Hotline

[1800 675 398](tel:1800675398)

DirectLine AOD Service

www.directline.org.au | [1800 888 236](tel:1800888236)

Expression Australia Employment

www.expression.com.au | [1300 780 225](tel:1300780225)

Green Room

(Melbourne Sexual Health Centre)

www.mshc.org.au | [9341 6214](tel:93416214)

Harm Reduction Victoria

www.hrvic.org.au | [9329 1500](tel:93291500)

Hepatitis Infoline

www.hepatitisaustralia.com | [1800 437 222](tel:1800437222)

Launch Housing

www.launchhousing.org.au | [1800 825 955](tel:1800825955)

Lifeline

www.lifeline.org.au | [13 11 14](tel:131114)

LiverWELL (formerly Hepatitis Victoria)

www.hepvic.org.au | [9863 0406](tel:98630406)

Living Positive Victoria

www.livingpositivevictoria.org.au | [9863 8733](tel:98638733)

LGBTIQ+ Liaison Officer – Victoria Police

www.police.vic.gov.au/LGBTIQ-liaison-officers | [9520 5200](tel:95205200)

Mental Health & Wellbeing Hub

coronavirus.vic.gov.au/mentalhealthhub
[1300 375 330](tel:1300375330)

Monash Health | www.monashhealth.org

- Monash Health Gender Clinic | [9556 5216](tel:95565216)
- Monash Medical Centre | [9594 6666](tel:95946666)

Northside Clinic

www.northsideclinic.net.au | [9485 7700](tel:94857700)

Partner Notification

www.dhhs.vic.gov.au | [9096 3367](tel:90963367)

PEP Hotline

www.getpep.info | [1800 889 887](tel:1800889887)

Positive Women Victoria

www.positivewomen.org.au | [9863 8747](tel:98638747)

USEFUL SERVICES

Prahran Market Clinic

www.prahranmarketclinic.com |
[9514 0888](tel:95140888)

QLife

www.qlife.org.au | [1800 184 527](tel:1800184527)

Quit Victoria

www.quit.org.au | [13 78 48](tel:137848)

Rainbow Door

www.rainbowdoor.org.au | [1800 729 367](tel:1800729367)

Royal Melbourne Hospital / VIDS

www.thermh.org.au | [9324 7212](tel:93247212)

Services Australia (formerly Centrelink)

www.servicesaustralia.gov.au

- Job Access | [13 28 50](tel:132850)
- Disability, Sickness and Carers |
[13 27 17](tel:132717)

Social Security Rights Victoria

www.ssrv.org.au | [9481 0355](tel:94810355)

South Eastern Centre Against Sexual
Assault

www.secasa.com.au | [9928 8741](tel:99288741)

Southside Justice

www.southsidejustice.org.au | [7037 3200](tel:70373200)

StarHealth

www.starhealth.org.au | [9525 1300](tel:95251300)

Switchboard

www.switchboard.org.au | [9663 2474](tel:96632474)

Wise Employment

www.wiseemployment.com.au |
[1800 685 105](tel:1800685105)



thorneharbour
health*

Thorne Harbour Health Services
www.thorneharbour.org

- AOD Services | [9865 6700](tel:98656700)
- Centre Clinic | [9525 5866](tel:95255866)
- Community Support | [9863 0430](tel:98630430)
- Counselling Services | [9865 6700](tel:98656700)
- David Williams Fund | [9863 0444](tel:98630444)
(Lynda)
- Equinox | [9416 2889](tel:94162889)
- Family Violence Services | [9865 6700](tel:98656700)
- HIV Peer Support | [9863 0444](tel:98630444) (Gerry)
- Housing Plus | [9863 0444](tel:98630444)
- Positive Living Centre | [9863 0444](tel:98630444)
- PRONTO! Rapid Testing | [9416 2889](tel:94162889)

FIND US

51 Commercial Road
South Yarra 3141

P: (03) 9863 0444

F: (03) 9820 3166

W: www.thorneharbour.org

E: plcfeedback@thorneharbour.org

Tram Stop

No.28: Route 72 Camberwell to Melbourne University.

Bus Stop

Braille Library/Commercial Road: Routes 603 and 604.

Commercial Rd/Punt Rd: Route 246.

Note: We are a short walk from both Prahran and South Yarra railway stations.

PLC OPENING HOURS

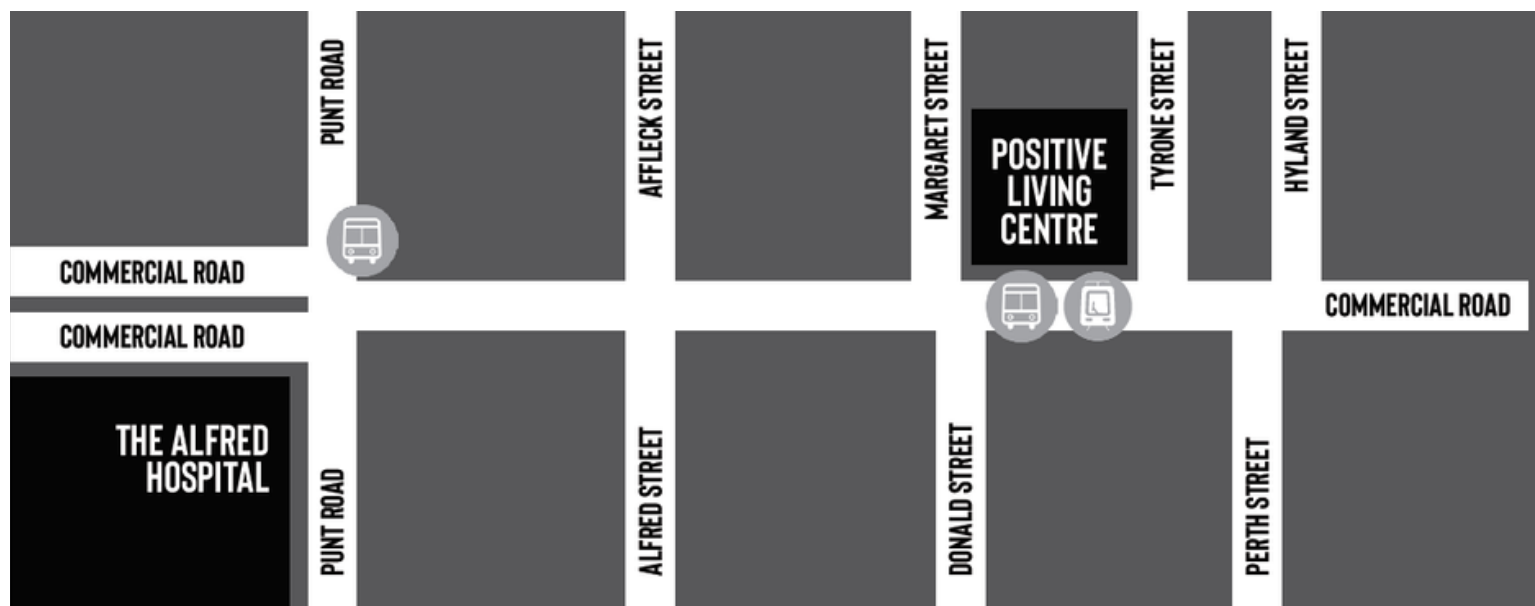
Tuesday 10 am – 4 pm

Wednesday 10 am – 4 pm

Thursday 10 am – 4 pm*

Friday 10 am – 4 pm

*The centre will be open until 8 pm on the first Thursday of each month.



**thorne
harbour**
health*

[facebook.com/PositiveLivingCentre](https://www.facebook.com/PositiveLivingCentre)

[facebook.com/thorneharbour](https://www.facebook.com/thorneharbour)

[twitter: @ThorneHarbour](https://twitter.com/ThorneHarbour)

[instagram: @thorneharbour](https://www.instagram.com/thorneharbour)



Communication is vital so that all users of the various services offered at the **Positive Living Centre** are aware of those services and informed about upcoming activities and events. This Newsletter, digital and hard copy form, is an example of our endeavours to ensure up-to-date information is offered to all. We also provide a monthly email service update to over 500 clients of the service. Our Facebook page and Thorne Harbour Health website are also valuable platforms on which we promote a variety of activities and services.

To ensure you receive the information you require, we would appreciate you ensuring your contact details and contact preferences are up to date. Next time you are in the Centre please feel free to have a chat with a Client Care Worker or contact us at 98630444.

thorne
harbour
health*

PLC Facebook page at: www.facebook.com/PositiveLivingCentre
Thorne Harbour Health Website: [HIV Positive Services](#) | [Thorne Harbour Health](#)
Contact the Positive Living Centre at 9863 0444 or email
plcfeedback@thorneharbour.org